

Happy Heart Month!

Since, February is National Heart month it is important for all of us to understand what our hearts do for our bodies and to treat it the way it deserves!

Consistent exercise

Regular physical activity has many benefits such as helping you quit smoking, lose weight, reduce stress, lower blood pressure and increase HDL cholesterol.

What to Do: Doing aerobic exercise on most days of the week for 30 to 60 minutes helps your heart work more efficiently. Physical activities to improve your strength, flexibility and balance help you stay agile as you age.

Manage stress

It's important to learn how to recognize how stress affects you, learn how to deal with it, and develop healthy habits to ease your stress. Stress is your body's response to change. The body reacts to it by releasing adrenaline (a hormone) that causes your breathing and heart rate to speed up, and your blood pressure to rise. Constant or continuous stress can be harmful to your heart health.

What to Do: Understand stress triggers and learn how to respond to stressful situations at home and at work.

Eat healthy

The AHA recently developed new dietary guidelines to help us better understand how to eat healthy and help lower our heart disease risk.

What to Do: Eat more fruits, vegetables, whole grains, low-fat dairy, poultry, fish and nuts

- Avoid red meat, as well as sugary and processed foods
- Avoid foods high in sodium

"Eating a healthy diet is not about good foods and bad foods in isolation from the rest of your diet – it's about the overall diet," said Robert Eckel, M.D



"It's not easy fitting 60 minutes of exercise into my busy schedule. Today I took 360 ten-second walks."